

2016
VIRGINIA
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Newspaper

Reston CONNECTION

Maryam Ovissi, of Beloved Yoga, at the Love Your Body Yoga Festival in Reston Town Center, an event she organized that is in its eighth year.



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Yoga at the Pavilion

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Architectural Gem: To Demolish or Preserve?

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Father's Day Photo Gallery

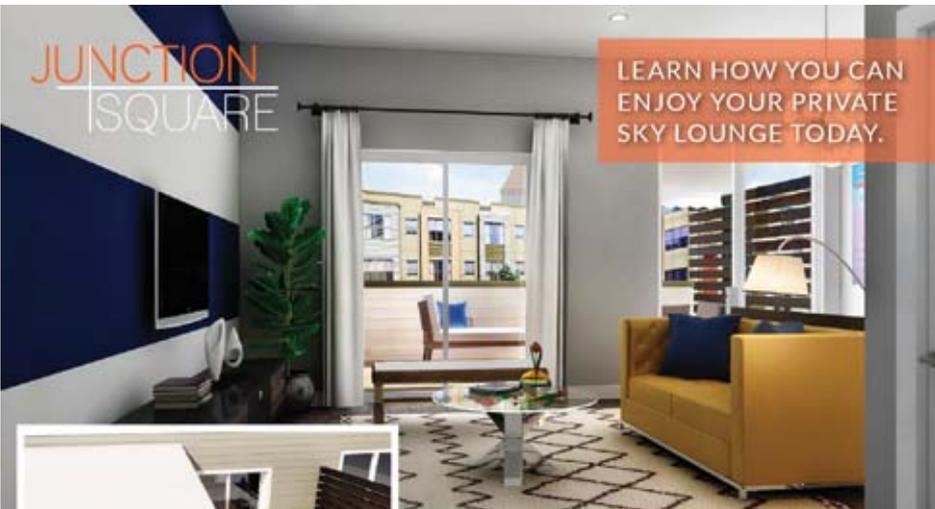
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OBITUARY

Christopher Edward Eckl, 82, of Reston, Dies

Christopher Edward Eckl, 82, Reston resident since 1977 died unexpectedly while on vacation on the Gulf Coast of Florida. He was a native of Florence, Alabama. He is survived by his wife Elizabeth Eckl of Providence, Rhode Island; four sons: Stephen, Christopher, John and Mark and daughter Kristin Eckl Rodriguez; and his brother William Wray Eckl of Atlanta, Georgia; and many nieces and nephews, cousins and 11 grandchildren. Chris was a graduate of University of Notre Dame and also attended Georgia State University. He worked as a journalist in Alabama and Georgia before becoming Information Specialist for TVA in Knoxville, Tennessee. and continued with TVA in Washington, D.C. After retiring from TVA he worked as a consultant for energy issues at American Public Power Association and Schiff Hardin LLP.



Eckl

A memorial mass will be held at St. Thomas a Beckett Catholic Church in Reston on Thursday, June 16 at 11 a.m. with a luncheon reception to follow. Visiting

hours at Adams-Greene Funeral Home in Herndon, on Wednesday, June 15, 5-8 p.m. In lieu of flowers donations may be made to Southern Poverty Law Center in Montgomery, Alabama or Living Wages Program in Washington, D.C.

BULLETIN BOARD

To have community events listed, send to connectionnewspapers.com/Calendar/ by noon on the Friday prior to the following week's paper.

WEDNESDAY/JUNE 15

Public Information Meeting. 6:30-8:30 p.m. South Lakes High School, 11400 South Lakes Drive, Reston. Meeting on Soapstone Connector Project. <http://www.fairfaxcounty.gov/fcdot/soapstoneconnector.htm>.

SATURDAY/JUNE 18

North County Governmental Center Grand Opening and Open House. 10 a.m.-2 p.m. 1801 Cameron Glen Drive, Reston. Family-

friendly event includes public safety interactive displays, vehicles to explore and tours of the police station. For more information and to RSVP by email at huntermillRSVP@fairfaxcounty.gov or call 703-478-0283.

Feeding the Homeless for D.C. 2:30 p.m. Fellowship Hall, Dranesville Church of the Brethren, 11500 Leesburg Pike, Herndon. Bring your family and friends. 703-430-7872.

WEDNESDAY/JUNE 22

Dulles Corridor Advisory Committee Meeting. 9:30 a.m. Center for Innovative Technology, The Briefing Room, 2214 Rock Hill

SEE BULLETIN BOARD, PAGE 7

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Yoga at the Pavilion

The Love Your Body Yoga Festival gives back and urges community to love their bodies.

BY ABIGAIL CONSTANTINO
THE CONNECTION

The Pavilion at Reston Town Center filled with yogis on Sunday, June 12 for the eighth Love Your Body Yoga Festival.

Beloved Yoga's Maryam Ovissi, the event's organizer, remembered the first year of the festival and how it was confined to just the Pavilion. "It's amazing to see how it's grown down the street," she said. "Every year it grows a little bit and it works perfectly."

The event heralds the start of the Virginia Yoga Week, starting June 12 until June 19, when yoga studios and teachers throughout the state will offer discounted or free classes.

Ovissi said that yoga can be intimidating for some, "In a yoga magazine, we've put images of people who are doing strange poses, and we have gotten away [from the idea] that yoga is not really about the external," she said.

"It's not about the form, it's an inner process," said Ovissi.

The festival's emphasis is on self-care and self-love, said Ovissi. "If we want to see things change, we have to actually take care of the vehicle, that being that is part of the change ... So, love your body is about helping you take care of yourself so we can help take care of this world."

And to help take care of the world, donations to the Beloved Yoga Mind Body Fund will go to Reston-based nonprofit Cornerstones.

Thousands converged at Reston Town Center to celebrate yoga and the benefits it has brought to their lives.

Tanya Romeyn, of Reston, said that yoga enables her to disconnect for an hour. "I do the work out. I do it for the quiet, peace of mind."

For Jeannette Yagoda, of Alexandria, yoga changed her life. She has fibromyalgia and that keeps her up. After a year of yoga upon the recommendation of her doctor, "I feel so much better."

Dorothy McDonald, of Leesburg, echoes the restorative effects of yoga. "As I'm aging and my body is getting less resilient, I find that yoga helps that," said McDonald.

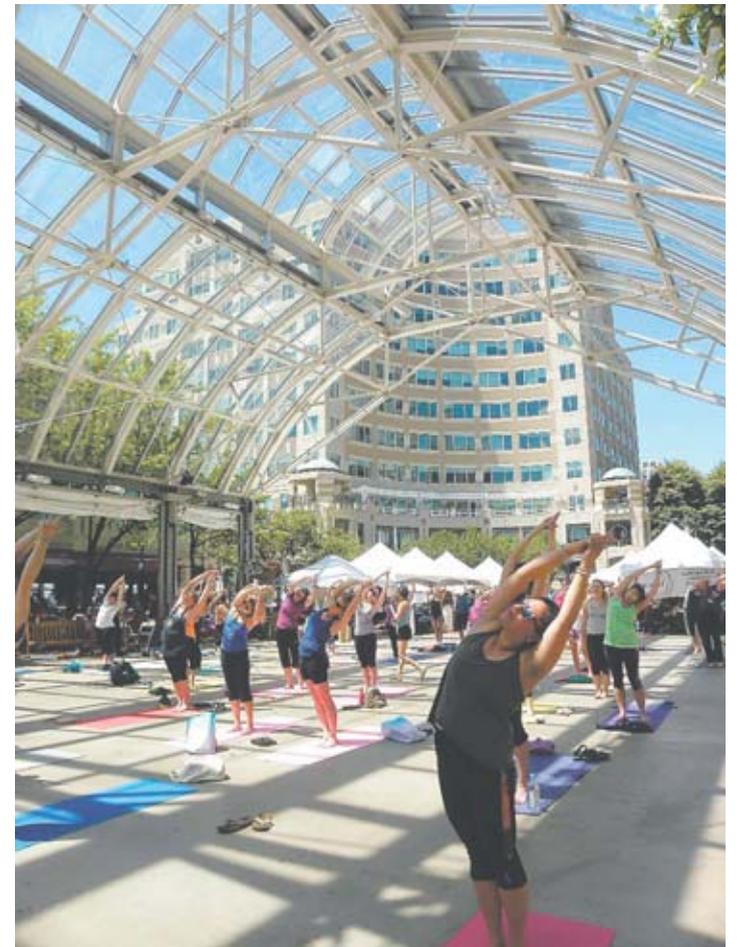
Yoga helped Michele Trufant, of Aldie, Virginia, one of the instructors in the festival, to be a more patient and understanding person. It helps keep her body and mind open, which translates into everything she does. "Everything you do on the mat, you can take in everything you do," said Trufant.

Ovissi does not think that yoga is something that everyone has to do but there are parts of yoga that everyone can benefit from — "whether it's just learning the breath work, learning to quiet the mind, learning the postures, the most important is just try," she said.

But Maddy O'Connor, of Centreville, who has been practicing yoga for five years, just loves it. "It makes me happy and less angry."



Jeannine Marzella, of Oakton, exhibits proper form during one of the yoga sessions at the Love Your Body Yoga Festival on Sunday, June 12.



A group class at the Reston Town Center Pavilion during the Love Your Body Yoga Festival on Sunday, June 12.



Maddy O'Connor, of Centreville, exhibits proper form, balance and grace during one of the yoga sessions at the Love Your Body Yoga Festival on Sunday, June 12.



At the Lululemon tent at the Love Your Body Yoga Festival, participants enjoy activities, such as body art, in between a vision and goals workshop.



Tanya Romeyn, of Reston, does yoga for the quiet and peace of mind. She participates in the Love Your Body Yoga Festival at Reston Town Center on Saturday, June 12.

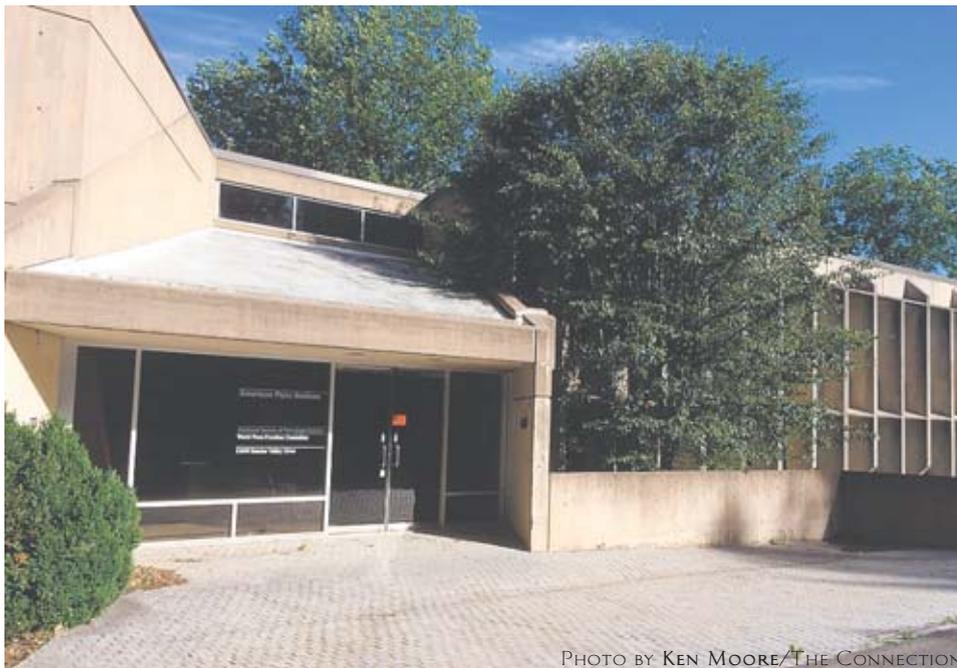


PHOTO BY KEN MOORE/THE CONNECTION

Could a proposal to relocate the Reston Library save an architectural gem in Reston?

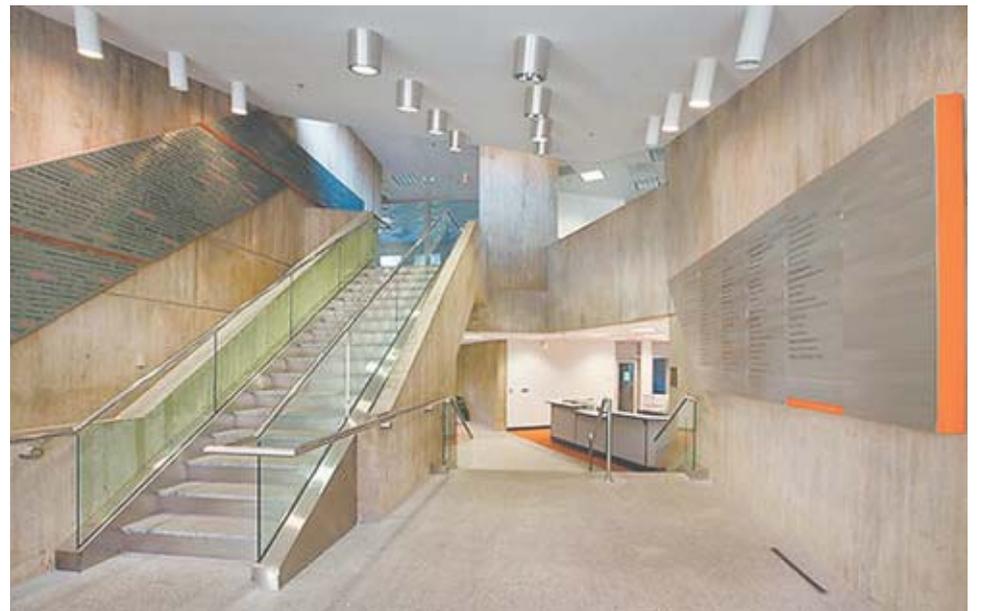


PHOTO COURTESY OF API

The front entrance of the API building features an honor board to those 725 newspapers, newspaper groups, foundations and associations that had contributed to the first API building fund.

Development of a Solution?

Can the former American Press Institute building, architectural gem, still be saved?

BY KEN MOORE
THE CONNECTION

The vacant American Press Institute Building at 11690 Sunrise Valley Drive drew international attention this week, days before a scheduled rezoning hearing at the Fairfax County Planning Commission this Thursday, June 16, 2016.

The building was designed by architect Marcel Breuer, called a “Master of Modernism,” who also designed the Whitney Museum (now the Met Breuer-Metropolitan Museum of Art) and the UNESCO Headquarters in Paris.

“This is all pretty exciting,” said Carol Ann Riordan, who went live with an online petition to save the historical building. “Just in 48 hours, this has gotten the attention of people all over the globe.”

The American Press Institute building, a two-story, 48,200-square-foot office building, was constructed in 1973.

“We would be ecstatic if this world class building could find a second life,” said Riordan, formerly with the API executive staff. “Wouldn’t it be marvelous if another organization would move into that grand building and the torch could be passed?”

The movement to save the American Press Institute building comes from a core group of journalists and other news media executives who attended API seminars during its Reston years along with API staff members, guest faculty members, and others in leadership roles with the Institute, plus architects, historians, preservationists and community leaders, Riordan said.

Separate from Riordan’s preservation efforts, Dennis Hays, Friends of the Reston Regional Library, had a brainstorm, which

many in Reston are buzzing about: move the Reston Regional Library into the building.

“We would think the county would love to have a solution. We think this is an elegant solution,” said Hays.

Reston Regional Library, the Embry Rucker Shelter and other public uses are all vying for a finite amount of space in Reston Town Center. This could solve many difficult future uncertainties all at once.

“It would just be so perfect. It is a god-send,” said Connie Hartke, of Reston Citizens Association.

On the petition, she wrote, “Reston Regional Library, the most used in the County, deserves this fabulous location! Halt the demolition so this option can be explored.”

FORMER EMPLOYEES of the American Press Institute “consider ourselves stewards of the institute and building,” said Riordan. “We all say it’s our beloved building,” said Riordan, a 30-year Reston resident.

“In 1981, I was lucky to go to my first seminar at the API,” she said. “In 1986, API asked if I would be interested in joining the executive staff,” which she did from 1986 to 2012. She served as the Institute’s interim executive director prior to API’s merger with the Newspaper Association of America.

“It is, in fact, one of the few buildings in Reston that is consistent with Bob Simon’s vision for encouraging architectural excellence in our community,” according to Reston 20/20.

American Institute of Architects Virginia and the American Institute of Architects Northern Virginia have also circulated the online petition at <http://www.ipetitions.com/petition/breuer>

Riordan said she and others thought the



PHOTO BY KEN MOORE/THE CONNECTION

Can the American Press Institute Building, designed by architect Marcel Breuer, be saved?

redevelopment of the building into new townhouses by Sekas Homes, LTD, was all but “a done deal.”

THE PLANNING COMMISSION has a scheduled public hearing on a rezoning application submitted by Sekas Homes on Thursday, June 15, at 8 p.m. in the Fairfax County Board of Supervisors Boardroom.

Planning Commission staff recommends approval.

“The applicant proposes to redevelop the property by demolishing the existing 48,200 square foot office building and constructing 34 single family attached dwellings and

What’s Next

The Fairfax County Planning Commission has a scheduled “Decision Only” hearing on Thursday, June 16, 8:15 p.m. on Sekas Homes, LTD, application that involves “demolishing the existing 48,200-square-foot office building” to construct 34 single family attached dwellings and one multifamily residential building with 10 units.

The Commission makes a recommendation to the Board of Supervisors, which will have its own public hearing and staff analysis before making its decision regarding the potential redevelopment.

one multifamily residential building with 10 units, which results in an overall density of 9.56 dwelling units per acre,” according to Planning Commission staff report.

FOR NEARLY 38 YEARS, tens of thousands of news media executives — representing a “Who’s Who in Journalism” — attended leadership seminars in the nonprofit’s Breuer-designed headquarters in Reston, according to the petition. “The API building is historically and architecturally significant. It is a crucial chapter in Reston’s rich history. It should have a second life instead of being torn down”

“Quite simply, this growing coalition, has gathered local, national, international attention,” said Riordan.

On May 17, David Edwards, Architectural Historian for the Commonwealth of Virginia Department of Historic Resources, wrote: “It is our opinion that the API building reaches the level of exceptional importance ... and strongly encourages its preservation,” according to the petition.

“This historically and architecturally significant building is powerful and inspirational. It ties together our heritage, our culture, and our enduring values. It serves as a mirror, helping us understand where we’ve been and where we’re going. It is something to be treasured and preserved. The American Press Institute building deserves no less,” according to Riordan.

COMMENTARY

Selective Accounting

BY KENNETH R. "KEN" PLUM
STATE DELEGATE (D-36)

The Commonwealth of Virginia prepares its budget on a biennial schedule. The budget proposed this year by the Governor and adopted by the General Assembly will become effective July 1, 2016, and extend to June 30, 2018. Although technically the General Assembly does not pass a new budget in odd-numbered years, practically there are many adjustments that are made mid-course in the biennium budgets based on changes that may have occurred in revenues or expenses.

While this system of budgeting over two years may reduce some administrative paperwork, it also presents some challenges. Essentially, the governor and the General Assembly must estimate revenues 30 months into the future. These are not simply planning projections; these are actual numbers upon which budgeted expenditures are based. Economists in government and in business are consulted in coming up with revenue estimates.

The challenge of estimating government revenue has been obvious over the last few years. Two years ago there was a revenue shortfall of \$439 million coming almost entirely from a huge drop in estimated payments of income taxes that are not withheld from payroll but paid on stock gains by investors who chose to cash in on their investments. A projection of that shortfall from the end of fiscal 2014 led to a projected \$2.4 billion shortfall through this biennium. Fortunately, revenues recovered last year, and the state ended the year with its biggest surplus ever.

Revenues collected through April of this year were trailing projections by 1.9 percent, or \$347 million, after declining 6.7 percent from the previous April. If by the end of the fiscal year revenue collections are one percent under the annual forecast, or \$169 million, the state is required by law to reforecast revenues for the new two-year budget. Also, state employees who were promised a raise based on the higher revenues may not get them.

Virginia gets top marks on the handling of its finances by all the outside entities that evaluate these kinds of things. It is one of only about a half dozen states with the highest AAA bond rating. A volatile economy is challenging to predict; we should take pride in our high rating.

My concern continues to be the selective accounting that the General Assembly follows in ignoring federal monies that are available that would free up several hundred million dollars in state general funds for appropriation while providing healthcare to as many as 400,000 working Virginians. Governor McAuliffe's proposed budget included these funds, but the House Appropriations and Senate Finance Committees took them out. They refer to these funds as Obamacare as those that term alone should be enough to refuse the money. Virginia turns its back on \$4.4 million per day and has refused more than four billion dollars in Medicaid funds the last several years.

As careful as the state is in its budgeting and counting its pennies, how can it selectively leave these monies out of its budget? It's selective accounting, bad economics, and in my view, immoral!

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Support for Police in Reforms

Police commission recommendations come to Board of Supervisors for approval, implementation.

In some ways, the Fairfax County Ad Hoc Police Practices Review Commission, brainchild of Board of Supervisors Chairman Sharon Bulova, was a bit of a miracle.

The 32 voting commission members included at least nine representatives from Fairfax County Police; former Commonwealth's Attorney Robert Horan; current and former law enforcement officers with experience from the FBI, DEA, state police and others; other former county officials; mental health advocates; attorneys; high powered consultants. Ranks of those participating swelled to 80 when others were appointed the five subcommittees.

How could such a large, intense group with so many viewpoints get anything done? It seemed crazy to expect much. But Bulova, apparently, was crazy like a fox. Bulova and commission chair Michael Hershman, expressed unwavering commitment to the process.

The 142 recommendations, the result of democracy in action, provide support and more resources to the FCPD, while providing for transparency and public confidence.

Police, Commonwealth's Attorney Ray Morrogh, county attorneys and others provided answers to questions and consulted on recommendations every step of the way. The commission and subcommittees met for literally hundreds of hours over nine months. Individual members took on in-depth research projects and reported back to subcommittees.

All Dulles Area Muslim Society Condemns Orlando Mass Shooting

The All Dulles Area Muslim Society (ADAMS) condemns the tragic and horrific Orlando mass shooting, and rejects any possible motive for this terrible act, whose perpetrator is still being investigated as a possible hate crime, mentally unbalanced individual, and/or lone wolf terrorist sympathizer. We send our thoughts, prayers, and condolences to the families and loved ones of all those killed or injured.

We appreciate the Orlando Muslim community's response in condemning this attack, and we join in urging the entire Muslim community to take part in a blood donation drive for those injured in the attack.

For us in Virginia, this tragedy brings back horrible memories of April 2007, when Virginia Tech

student Seung-Hui Cho killed 32 people on the Virginia Polytechnic Institute and State University campus in Blacksburg, Virginia. This is also too reminiscent of the equally horrific hate crimes like the attack in South Carolina on an African American Church, attacks in movie theaters and schools and too many more. Such incidents are a too frequent reminder of the number of individuals driven by hate to commit unspeakable acts.

This horrific Orlando attack however should not be used to vilify and stereotype the peaceful and law abiding Muslim community in America. Islam absolutely condemns and forbids terrorism and extremism. The Quran, Islam's revered text, states: "Whoever kills a person, it is as though he has killed all mankind. And whoever

saves a life, it is as though he had saved all mankind."

Islam promotes the sanctity of human life, the dignity of all humans, and a respect for human, civil rights. Islam teaches religious freedom and emphasizes the same universal moral values accepted by the majority of people of all backgrounds. These are the same principles on which the US Constitution was established and the Bill of Rights was approved.

Muslims believe there is "No compulsion in faith" and we reject violence, hatred, and discrimination toward anyone on the basis of race, color, gender, disability, religion, familial status, sexual orientation and national origin.

ADAMS' mission is to provide religious, social, and educational services to enable the Muslim community to fulfill its responsibilities and contribute to the betterment of society
www.adamscenter.org

EDITORIAL

Members of the Mental Health subcommittee, chaired by Del. Marcus Simon, traveled to Texas for a first-hand look at an effective Crisis Intervention program. In January, the Community Services Board, Police and Sheriff's Office launched Diversion First, to get people having a mental health crisis who come into contact with law enforcement into treatment instead of jail. If this were the only accomplishment of the police review commission, it would be an achievement.

The Independent Oversight and Investigations subcommittee unanimously recommended formation of an Independent Auditor and a Civilian Review Panel. Independent oversight is a national best practice, and these issues come before the Board of Supervisors next month.

Key recommendations include Independent Auditor, Civilian Review Panel, commitment to transparency, body cameras, data collection.

The commission recommends the implementation of body worn cameras, a recommendation that appears to be set for delay. This might be necessary, but if so, the delay should come with a timetable for next steps.

Changing the culture from withholding information to sharing as much as possible, as soon as possible, and responding to Freedom of Information requests with as much information as possible are part of the recommendations of the Communications subcommittee. Police departments in Northern Virginia have invoked a blanket exemption to FOIA requests, which has been part of the erosion of public trust.

The robust collection and reporting of demographics covering all stops, frisks, citations, arrests, and use-of-force incidents by district station and magisterial district is also key to public trust and departmental excellence.

Bulova and the Board of Supervisors formed the commission in the wake of the death of John Geer in August of 2013. Geer, a Springfield resident, was standing unarmed with his hands up in the doorway of his own home when he was shot by Officer Adam Torres. Torres, charged with murder, was the first Fairfax County Police officer in the history of the department to be charged in such a death. Torres entered a guilty plea to involuntary manslaughter, with a likely sentence of 12 months; his sentencing is scheduled for next week.

Public outrage over Geer's death was compounded by obfuscation and silence, the failure to communicate, and a lack of public accountability. The police and county refused to release any information on the case for more than a year, and only then after repeated court orders. This tragedy and its aftermath no doubt had a negative impact on morale in the FCPD. The commission's recommendations acknowledge the excellence of the Fairfax police. It's a credit to the department that Chief Edwin Roessler aspires to make FCPD the best in the nation. It's a high bar, county residents expect no less, and steps in that direction are a positive reflection on every member of the department.

It now falls to Supervisor John Cook, chairman of the Public Safety Committee, to guide these recommendations through for approval by the Board of Supervisors overall. The process is underway, and deserves public attention to the details.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

Mary Kimm served as a member of the Fairfax County Ad Hoc Police Practices Review Commission. Read more at www.fairfaxcounty.gov/policecommission



Write The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Send to:

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Call: 703-917-6444.

By e-mail: north@connectionnewspapers.com

COMMENTARY

TetraGate Review or Audit

BY JOHN LOVAAS
RESTON IMPACT PRODUCER/HOST

There is a bit of a frenzy going on at the Reston Association. The Board and staff are struggling to find the bucks to pay the mortgage and huge rehab cost overruns for the Tetra property, or “Lake House.” Bake sales, car washes, and raffles just don’t seem to add up fast enough for the million or so dollars which could be needed this year alone.

INDEPENDENT PROGRESSIVE

The Board members are also scurrying about the follow-up on their promise made at its May 26 meeting to conduct an independent review (may I suggest a more apt term—perhaps audit or investigation) to determine how we got into this mess. That is, how did the RA CEO and then-president arrive at the overpriced “deal” for the property, including calculating a purchase price twice the assessed value for a property with no other buyers in sight. And, who inspected the property and came up with the absurdly low cost estimates for rehabbing it for association occupancy and use?

There are at least two quite different approaches to the process and scope for conducting such review/audit. On the one hand, I hear that Board VP Mike Sanio will suggest to the RA Governance Committee that the Governance Committee itself (up to 6 members of the Board plus the CEO) undertake a general review of the history of the “Lake House.” That is, the review would be performed by the very same people who made

BULLETIN BOARD

FROM PAGE 2

Road, Herndon. Committee will receive financial and construction updates on the Silver Line project. The Committee will also discuss Dulles Toll Road revenue and transactions. Open to the public. <http://www.dullestollroad.com/toll/dulles-corridor-advisory-committee>.

WEDNESDAY/JUNE 29

Hunter Mill Road Study

Community Meeting. 7 p.m. North County Government Center, 1801 Cameron Glen Drive, Reston. Discussion of project status and next steps. <http://www.fairfaxcounty.gov/fcdot/>.

ONGOING

The **Herndon Adult Day Health Care Center** needs a bingo caller and an art therapy assistant. Call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

the Tetra purchase decision, shaped it for marketing to the community in the referendum, and made or signed off on all the problematic cost estimates. Who is kidding whom? This has little hope for either essential fact-finding or restoring community confidence, much less establishing a path forward in which anyone not

among the usual suspects could have confidence.

Restonians deserve a more thorough and genuinely independent review/audit staffed and led by professionals with recognized competence for such work. They should be neither Board members nor RA staff. Furthermore, the scope of work for said review/au-

dit should be published for all to see, and the work team should make periodic reports on progress and issue a final, public report with a recommended course of action to the RA Board.

This is a serious matter involving literally millions of dollars belonging to the 24,000 or so households who make up the Reston community and our Association.

Reston Association owes those who pay the bills a full accounting for what has transpired to date

and a far better proposal for the use, management and financing of the property than we have seen to date. In my opinion, there should be an open discussion with the community about a new proposal before another dime is spent on the Tetra Lake House.

For more information on this subject and updates, go to www.reston2020.blogspot.com and www.restonrecall.org. Also, you may want to check out Reston Recall on Facebook.

NOTICE TO THE PUBLIC OF COLUMBIA GAS OF VIRGINIA, INC.'S APPLICATION FOR AUTHORITY TO INCREASE RATES AND CHARGES AND TO REVISE THE TERMS AND CONDITIONS APPLICABLE TO GAS SERVICE CASE NO. PUE-2016-00033

On April 29, 2016, Columbia Gas of Virginia, Inc. (“Columbia” or “Company”), filed with the State Corporation Commission (“Commission”) an application pursuant to Chapter 10 of Title 56 (§ 56-232 et seq.) of the Code of Virginia (“Code”) requesting authority to increase its rates and charges, effective for the first billing unit of October 2016, and to revise other terms and conditions applicable to its gas service (“Application”). Columbia’s Application advises that the proposed rates and charges are designed to increase the Company’s annual non-gas base revenues by approximately \$37 million per year, which includes \$7 million currently being collected by the Company outside of base rates in a surcharge associated with its Steps to Advance Virginia’s Energy plan (“SAVE Plan”) pursuant to § 56-603 et seq. (“SAVE Act”). Columbia states the requested increase in annual non-gas base revenues reflects its costs and revenues for the test year ending December 31, 2015, the increase in the Company’s rate base since its last base rate increase in 2014 (“2014 Rate Case”), an updated capital structure and requested return on equity of 11.25%, and certain rate year adjustments that “reasonably can be predicted to occur” during the 12 months ending September 30, 2017 (“Rate Year”), as permitted by § 56-235.2 of the Code.

According to the Application, in the time since Columbia was last authorized to increase its rates and charges in the 2014 Rate Case, Columbia has continued to make significant capital investments to improve the overall safety, reliability, and integrity of its natural gas system. Columbia further states it will have incurred \$160 million in capital costs to improve the safety and reliability of its system from January 1, 2015, through the end of 2016, and anticipates that it will invest \$76 million in capital improvements during the Rate Year.

Columbia states a significant portion of the Company’s capital investment subsequent to the 2014 Rate Case has occurred under its SAVE Plan, which was implemented in 2012 and focuses on proactive replacement of at-risk gas utility infrastructure to enhance system safety and reliability. In accordance with the SAVE Act, these costs that were previously approved pursuant to Columbia’s SAVE Plan and are being collected in a surcharge outside of base rates, will be combined with non-gas base rates upon the effective date of those new rates, and the Company’s SAVE surcharge will be reset to zero.

Columbia states in its Application that, in the time since the 2014 Rate Case, the Company has continued to enhance pipeline safety and reliability through its formal integrity management program for its distribution system (“DIMP”), by identifying, prioritizing, and reducing gas distribution pipeline integrity risks. The Application states Columbia has incurred operations and maintenance costs associated with the implementation of the Company’s DIMP initiatives as well as costs associated with compliance activities with federal pipeline safety advisories, collectively defined as “eligible safety activity costs” under § 56-235.10 of the Code. Columbia asserts the incremental levels of these eligible safety activity costs, not reflected in existing base rates, totaled approximately \$8 million in 2015, and is projected to total approximately \$6 million during the Rate Year. Columbia seeks, pursuant to § 56-235.10 of the Code, to recover, as deferred costs in new base rates, the incremental level of eligible safety activity costs not reflected in existing base rates.

The Company further asserts that apart from DIMP activities, it anticipates increases in operations and maintenance costs above the 2015 levels associated with five safety related initiatives focused primarily on emergency response, reducing third-party damages, and repairing open leaks. The Company states it has incurred increased costs related to enhanced employee and contractor training requirements to meet increasingly stringent state and federal safety and operational compliance standards, as well as to meet the needs of a changing work force. The Company also asserts it has experienced an increase in corporate service costs billed by its centralized services company.

According to the Company this proposed rate increase would increase the average monthly bill of a typical residential customer using 5.8 dekatherms from approximately \$65.74 to approximately \$74.88, or by 13.90%.

Interested persons are encouraged to review the Application and supporting documents for the details of these and other proposals. While the total revenue that may be approved by the Commission is limited to the amount produced by the Company’s proposed rates, TAKE NOTICE that the Commission may approve revenues, and adopt rates, fees, charges, tariff revisions, and terms and conditions of service that differ from those appearing in the Application and supporting documents and may apportion revenues among customer classes and/or design rates in a manner differing from that shown in the Application and supporting documents.

The Commission entered an Order for Notice and Hearing that, among other things, permits the Company to place its proposed rates, charges, and terms and conditions of service into effect on an interim basis, subject to refund, for the first billing unit of October 2016.

The Commission’s Order for Notice and Hearing scheduled a public hearing at 10 a.m. on December 13, 2016, in the Commission’s second floor courtroom located in the Tyler Building, 1300 East Main Street, Richmond, Virginia 23219, to receive the testimony of public witnesses and the evidence of the Company, any respondents, and the Commission’s Staff. Any person desiring to testify as a public witness should appear at the hearing location fifteen (15) minutes prior to the starting time of the hearing and contact the Commission’s Bailiff.

Copies of the public version of all documents filed in this case are available for interested persons to review in the Commission’s Document Control Center located on the first floor of the Tyler Building, 1300 East Main Street, Richmond, Virginia 23219, between the hours of 8:15 a.m. and 5 p.m., Monday through Friday, excluding holidays. Interested persons also may download unofficial copies from the Commission’s website: <http://www.scc.virginia.gov/case>.

Copies of the Company’s Application and the Commission’s Order for Notice and Hearing also may be inspected during regular business hours at each of the Company’s business offices in the Commonwealth of Virginia. Copies of these documents also may be obtained, at no charge, by submitting a written request to counsel for the Company: T. Borden Ellis, Esquire, Columbia Gas of Virginia, Inc., 1809 Coyote Drive, Chester, Virginia 23836. If acceptable to the requesting party, the Company may provide the documents by electronic means.

On or before December 5, 2016, any interested person may file written comments on the Company’s Application with Joel H. Peck, Clerk, State Corporation Commission, c/o Document Control Center, P.O. Box 2118, Richmond, Virginia 23218-2118.

Interested persons desiring to submit comments electronically may do so on or before December 5, 2016, by following the instructions found on the Commission’s website: <http://www.scc.virginia.gov/case>. Compact discs or any other form of electronic storage medium may not be filed with the comments. All such comments shall refer to Case No. PUE-2016-00033.

Any person or entity may participate as a respondent in this proceeding by filing a notice of participation in this proceeding on or before September 5, 2016. If not filed electronically, an original and fifteen (15) copies of a notice of participation shall be filed with the Clerk of the Commission at the address set forth above. A copy of the notice of participation shall be sent to counsel for Columbia at the address set out above. Pursuant to Rule 5 VAC 5-20-80, *Participation as a respondent*, of the Commission’s Rules of Practice and Procedure (“Rules of Practice”), any notice of participation shall set forth: (i) a precise statement of the interest of the respondent; (ii) a statement of the specific action sought to the extent then known; and (iii) the factual and legal basis for the action. Any organization, corporation, or government body participating as a respondent shall be represented by counsel as required by Rule 5 VAC 5-20-30, *Counsel*, of the Rules of Practice. All filings shall refer to Case No. PUE-2016-00033. For additional information about participation as a respondent, any person or entity should obtain a copy of the Commission’s Order for Notice and Hearing.

The Commission’s Rules of Practice may be viewed at the Commission’s website: <http://www.scc.virginia.gov/case>. A printed copy of the Commission’s Rules of Practice and an official copy of the Commission’s Order for Notice and Hearing in this proceeding may be obtained from the Clerk of the Commission at the address set forth above.

THE COLUMBIA GAS OF VIRGINIA, INC.

The Gap Year Trend

The pros and cons of taking a break in academic studies before college.

BY MARILYN CAMPBELL
THE CONNECTION

Reappelling down an 80-foot waterfall, the ground appearing miles away, zip lining through thickets of dense, steamy rainforest, treating wounded travelers in the wilderness and engaging in other limit-pushing adventures — that's how three local young adults spent their time after graduating from high school.

"Scuba was definitely my favorite part of the course because of a strong reinforcement that I would enjoy working as a scuba instructor one day," said A.J. Galindo of Alexandria. His adventure was part of Outward Bound's Costa Rica program.

Galindo took what is known as a "gap year," which means taking an academic break for a year or a semester before beginning college. Gap year programs offer students an opportunity for "personal growth in ... leadership, self-awareness [and] ... character development," said Soizic Hagege, spokeswoman for Outward Bound Costa Rica.

After completing his Outward Bound program, Galindo enrolled in Thompson Rivers University in British Columbia, Canada.

The American Gap Association (AGA), an organization that accredits and sets standards for gap year programs, reports that taking a gap year has become an increasingly popular choice for American students. The association has seen renewed interest since Malia Obama's recent decision to take a year off before beginning her studies at Harvard University.

A RECENT AGA STUDY showed that students who took a gap year over performed academically in college. The organization released the results from a survey of its 2015 alumni. More than 90 percent of the alumni surveyed credited their gap year with increasing their self-confidence and maturity as well as offering time for personal reflection.

Uncertainty about future plans is one of the reasons students decide to take time off between high school and college. "Some don't know yet what they want to study, or want to take the opportunity to travel or work to get experience in the real world," said Francesca Reed, associate vice president for Enrollment Management and director of Graduate Enrollment Services at Marymount University. "A gap year ... can be a great opportunity for a person to mature and discover their interests before pursuing a college degree."



PHOTO COURTESY OF OUTWARD BOUND

A.J. Galindo of Alexandria, Benjamin Waters of Fairfax and Kirby Nassetta of Arlington participated in Outward Bound Costa Rica's Gap Year program.

Experiences gained during a year away from school can offer clarity, says Jim McClellan, PhD, dean of Liberal Arts at Northern Virginia Community College in Alexandria. "Few students know what they want from life or what will be their life's work when they first enroll in college," he said. "Few finish college in the same major where they began. Sometimes a year of reflection can help a student focus. A year abroad or in some environment beyond their previous experience can offer new perspectives. Working at a 7/11 convinced me I needed to continue college."

"Sometimes a year of reflection can help a student focus."

— Jim McClellan, Ph.D., Northern Virginia Community College

While the AGA reports that 90 percent of students are actively enrolled in a four-year institution of higher learning within one year of completing a gap year, the organization acknowledges that this option is not for everyone. The decision to delay college comes with a caveat that students may lose the academic momentum they gained through high school.

"There is a set of skills that a student learns moving through each grade level. Like playing tennis or any other sport, the more practice, the better the performance," said McClellan. "Laying out for a year leads to skills atrophy. [For some students] it is better to continue on while in top form than to try to rebuild lost skills and regain good study habits."

Even for students who feel certain that they want to take a gap year, Reed advises completing the college application process if obtaining a college degree is future goal.

"It is easier while they are still in school

to gather letters of recommendation and use the resources of guidance departments when applying for college," she said. "It will also keep them focused with a future plan. If the student decides to go abroad or work full-time, it may be difficult to request a letter of recommendation while they are busy overseas or with work. Once accepted into college, they can defer their admission a semester or a year."

Boosted by a belief in the benefits of a gap year experience, a growing number of colleges and universities are supporting students who want to take time off between high school and college. "Most colleges are accommodating and will move their start date to the following year," said Reed. "Colleges and universities like to see students with a plan and a degree of motivation before entering college, and the gap year may be the perfect opportunity to do just that."

RESEARCHING OPPORTUNITIES, thinking about goals and having a plan in place about how the time will be spent are critical components of a successful gap year. "They shouldn't wait until they graduate to start planning," said Reed. "Do you want to travel abroad? Learn a new language or improve your foreign language skills? Volunteer either at home or abroad? Explore career interests? It's important to have something meaningful in mind. There are many programs available for students that are considering a gap year."

McClellan suggests an alternate option for students and parents who are concerned that a gap year could slow a student's academic progress. "Spending the junior year abroad is a better idea since no academic momentum is lost and the experience of living and studying abroad is of incalculable value," he said. "Plus, with two years of college completed and added maturity, the junior year abroad is more meaningful than a gap year."

Considering Private School?

Small steps this summer can minimize stress of application process.

BY MARILYN CAMPBELL
THE CONNECTION

The school year has just come to an end ... which means it's the ideal time to prepare to apply to leading independent schools.

A supply versus demand imbalance for a coveted spot at one of the local, top-tier private schools makes advanced planning a critical part of the process. Local admissions directors offer suggestions on what can be done during the laid-back days of summer before the demanding fall application process begins.

"Do your research over the summer," said Mimi Mulligan, assistant head of school and director of admission and enrollment management at Norwood School in Bethesda, Md. "Spend time educating yourself on the wide variety of independent school options in the area."

Perusing school websites and becoming familiar with a school's mission and philosophy toward education can help narrow down choices. Reading social media postings can give parents a sense of a school's culture and community.

Have a family conversation about the type of school that would best serve your child, advises Mulligan, who warns that a school's perceived prestige or reputation as a "top school" doesn't necessarily translate into a good match.

"Be realistic about your child's strengths, weaknesses, and learning style, then create a list of schools that you feel would be a good fit for your child and your family," she said. "This list should be based on your child's needs, not the name recognition of the school. By the time September is here, you will be ready to contact schools for their admission materials and to schedule a visit."

Talking to parents and students at prospective schools is one way families can get a sense of a school's environment. "Create a chart to compare [factors such as]: How the students treat each other. What is the teacher-student relationship like? How does the school care about each individual student and other things that are important to you?" said Terri Collins of Oak Crest School in McLean. "Ask to speak with two current parents to get their perspective of what they see as the strengths and weaknesses of the school."

"I think one of the things would be to identify the type of school: a boarding school or a day school," said Scott Conklin, director of admissions at Episcopal High School in Alexandria. "Once you've come up with a list of schools, visit some of them. Most are probably open during the summer. Walk around campus and meet the admis-



Middle School Science teacher Debbie Pakaluk works with eighth-grade students in the chemistry lab at Norwood School.

PHOTO COURTESY OF NORWOOD SCHOOL

sions directors."

"Once families have narrowed down the list, they can send for information and begin to map out their fall visits," said Clare Dame, director of enrollment management at Randolph-Macon Academy. "Plan to visit no more than two schools in one day so that they have time to fully investigate each one and will have the time to assimilate the information."

Garnering logistical information is important in planning an application strategy for the fall. "What are the processes? What are the dates? When are the Open Houses?" asks Richard S. Moss, director of admission at the

Heights School in Potomac, Md.

However, Moss underscores the importance of creating a balance between advance planning and enjoying a summer respite, and questions the wisdom of focusing too much energy on an academic year that is more than 12 months away.

"Most importantly, families should ... have a good, restful, and productive summer," said Moss. "It is easy to think about the long-term goal of admission while sacrificing the immediately important goal of having a truly great break. ... Though it is good, as a parent, to be generally aware of the process so that in September you can hit the ground running."

lost (adj): 1. unable to find the way. 2. not appreciated or understood. 3. no longer owned or known

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SPECIAL CONNECTIONS CALENDAR

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7/27/2016.....Connection Families: Our Pets

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8/3/2016.....Wellbeing
8/10/2016.....HomeLifeStyle
8/17/2016...A+ Camps & Schools – Back to School – Private Schools
8/24/2016...Newcomers & Community Guide Pullout
8/31/2016.....Connection Families: Enrichment, Care & Back to School

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FOOD & ENTERTAINMENT



PHOTOS CONTRIBUTED

Taste of Reston features the region's best cuisine, family activities, live entertainment and a Wine 'n Dine section with cooking demonstrations.

Taste of Reston Returns Friday and Saturday, June 16-17

Taste of Reston is expected to draw record crowds to Reston Town Center Friday and Saturday, June 16-17. Produced by the Greater Reston Chamber of Commerce, this event features the region's best cuisine, family activities, live entertainment and a Wine 'n Dine section with cooking demonstrations from local chefs and a Family Fun Zone!

Beginning on Friday, June 17, at 3 p.m., restaurants and vendors will line the streets of the Reston Town Center. Live music will fill the air with favorites such as 3 Sense Shy, Laura Lea & Tripp Fabulous and Orlando Philips. On Saturday enjoy live performances from Darcy Dawn and Co, Delta Spur and The Reagan Years and that's just naming a few. From 12 – 8 p.m. on Satur-

day, June 18, guests can sample their restaurant favorites as chefs from local restaurants prepare on culinary stage in the Wine 'n Dine section. Guest will also be able to learn more about wine and participate in tastings from Paradise Spring Winery and other local wineries. Also, from 12 – 8 p.m., YMCA Fairfax Reston will offer games and prizes, and entrainment from Adrenaline

Studio Dance Performance and Bach to Rock Music School Performance at the Family Fun Zone! Stage.

Taste of Reston event admission is free. Food tickets are \$1 per ticket or \$20 for 24 tickets. Advance tickets are on sale online, at www.RestonTaste.com

For more information about the Taste of Reston visit www.restontaste.com.

Arno's Pastries Come to Reston

Meet pastry chef Arnaud Herodet.

BY ALEXANDRA GREELEY
THE CONNECTION

When a fancy French pastry chef takes to selling his baked goods from a food truck, you know that American food shopping habits have changed. Especially startling is that this pastry chef, Arnaud Herodet of Chantilly, worked as the pastry chef at the French Embassy in Washington for 18 years.

Why the change, one wonders? For Herodet, that decision was simple: after so many years of taking orders from so many, he wanted to be his own boss. And his transition has been smooth and flawless. And thanks to his quality work and high standards, he was recently awarded an exceptional prize from the French government, the medaille du Merite Agricole for friends of the French government, making him a "chevalier de l'ordre du Merite."

"I was surprised," he said. "But I have worked many years in a foreign country as a French food expert." And expert he is. Just consider his lengthy work record even before he entered the embassy kitchens: His first assignment landed Herodet and his new wife in Tahiti (French Polynesia), where for four years he worked at the swanky Kia Ora hotel, on the island of Rangiora, a luxurious destination at which the clientele ex-

pected top-of-the-line meals throughout the day. He was hired as chef, but then moved on to being the pastry chef, and finally, executive chef. "Because in culinary school you don't learn how to make croissants," he said, "learning to make these basic French pastries was a challenge."

After four years in the sun and surf, the couple moved to D.C., where he took a chef's job at the now closed La Brasserie restaurant on Capitol Hill. From there his jobs included stints at La Cote d'Or in Falls Church and in D.C., La Maison Blanche, La Lavandou and La Chaumiere. Then while cooking at the University Club in D.C., he also worked part time at the French embassy. When an opening came there, he decided to become the embassy's full time pastry chef.

That inaugurated many years of banquets, special dinners, and meals for the in-embassy restaurant and cafeteria. Herodet thrived there as the pastry chef, and obviously polished his skills. But when he was tasked with baking 8,000 mini pastries for the reception of the newly elected French president several years ago, he decided to retire. Of course, he couldn't really leave all the butter, sugar, and flour behind, so he decided it was time to begin his own business.

And that he has, under the title of Arno's Pastries, starting at first at Gilbert's Corner in Aldie, Virginia. There on specific days, especially weekends, assorted food vendors appear selling a range of goodies, and Herodet makes that his destination for Saturdays and Sundays. But his popular food truck shows up at two other locations during the week, at the Reston Smart Market



PHOTO CONTRIBUTED

Arnaud Herdot

on Wednesday afternoons and at St. Veronica Catholic Church Smart Market on Thursday afternoons.

So what will you find as you study his truck's display? A range of tarts, pies, cakes plus petits fours, macaroons, and quiches, the most popular of which, he said, are the lemon meringue tartlets, the choux Chantilly, and the crème brûlée. But, he added, he is generally sold out of everything by the time that markets close. No wonder Herodet works 80 to 90 hours a week. "The next day I am off," he said, "is January 20 (when trucks close for winter)."

For more information on Arno's Pastries, visit <http://www.arnospastry.com/>.

SCHOOL NOTES

Send school notes to north@connectionnewspapers.com by noon on Friday.

Premeela Nirmal, of Reston, graduated with a bachelor of science in nursing from Eastern Mennonite University in spring 2016.

Micaela Sturm, of Oak Hill, graduated with a bachelor of science in health science/physical therapy from Quinnipiac University in spring 2016.

Laura Mister, of Herndon. Is on the deans list at Emory and Henry College in Emory, Virginia, for spring 2016.

Barry Kinney, Herndon, graduated in May 2016 with a bachelor of general studies in Liberal Arts and Sciences from the University of Kansas.

Gregory Veit, Herndon, graduated in May 2016 with a master of science in business from the University of Kansas.

Max Maurer, from Oak Hill, graduated from Hampden-Sydney College with a B.A. in economics and business in May 2016.

Michaela Gaughan of Oak Hill has been named to the Dean's List for the fall 2015 semester at St. Mary's College in Indiana.

Herndon residents on the Dean's List at Washington University in St. Louis for fall 2015 include **Azeez Abdikarim**, School of Engineering and Applied Science; **Kate Hao**, College of Arts and Sciences; **Snigdha Srivastava**, College of Arts & Sciences,

Abdulaziz Nabil Alshenaiber of Reston graduated from the University of New Haven with a Bachelor of Science in Computer Engineering from Tagliatella College of Engineering.

Micaela Sturm, of Oak Hill, has been named to the dean's list at Quinnipiac University for the fall 2015 semester

Ryan Gulledege, of Herndon, been named to the University at Albany Dean's List of Distinguished Students for fall 2015.

Brenda Kanga, of Reston, is on the Dean's List for the Fall 2015 semester at Mars Hill University in North Carolina.

CALENDAR

Send announcements to www.connectionnewspapers.com/Calendar/. The deadline is noon on the Friday prior to the following week's paper. Photos/artwork encouraged.

ONGOING

"Paint and Beyond." July 1-29. Monday-Friday, 8 a.m.-5 p.m. U.S. Geological Survey, National Gallery, 12201 Sunrise Valley Drive, Reston. Free. www.leagueofrestonartists.org.

Yoga on the Plaza. 9:30-10:30 a.m. Sundays. Through Aug. 28. Stretch out and cool down to start your Sunday morning with yoga. Our talented yoga instructors will lead you through one hour of free exercise on the Plaza to the tune of fun music. Bring your own mat and water. lakeanneplaza.com.

Team Trivia at Kalypso's. Tuesdays, 8 p.m. Kalypso's Sports Tavern, 1617 Washington Plaza N., Reston. Bring your friend and join the challenge. 703-707-0660. www.kalypsoSPORTstavern.com.

Open Mic Night at Kalypso's. Mondays, 7-10 p.m. Kalypso's Sports Tavern, 1617 Washington Plaza N., Reston. Musicians and singers! Love to perform but need a venue? Want to get used to playing for an audience? 703-707-0660. www.kalypsoSPORTstavern.com.

Karaoke at Kalypso's. Wednesdays, 9:30 p.m. Kalypso's Sports Tavern, 1617 Washington Plaza N., Reston. Come to Kalypso's and sing your hearts out! 703-707-0660. www.kalypsoSPORTstavern.com.

Mr. Knick Knack. 10:30-11:15 a.m. Mondays through October. Reston Town Center Pavilion. Unique, heart-centered music for kids and their grown-ups. Free. restontowncenter.com. 703-579-6720

Take a Break Concert Series. Thursdays, 7 p.m. June 16-Sept. 1. Lake Anne Plaza, Reston. Bands and entertainers at the plaza. lakeanneplaza.com.

Summer Entertainment Series. June 1-Aug. 31. Fairfax County Parks. A summer-long calendar of shows, concerts and movies appropriate for you and your family. These concerts held in local parks are the perfect place to bring a picnic dinner, blankets and lawn chairs to enjoy the best local and regional entertainers. Free. To find out what's playing at your nearby park, go to <http://www.fairfaxcounty.gov/parks/performance/>.

Reston Concerts on the Town. 7:30-10 p.m. Saturdays, June-August. Reston Town Center Pavilion. Bring lawn chairs or picnic blankets and enjoy live music in the Pavilion. Free. Rain or shine. restontowncenter.com. 703-579-6720.

All-comers' Group Fun Run at Potomac River Running. Tuesdays and Thursdays. Reston



Jim Van Slyke, cabaret performer, Open Road, 10th anniversary concert at NextStop Theatre, on Saturday, June 25.

Town Center, 11900 Market Street, Reston. For beginners or competitive runners, come out for a fun, low-key run that is safe and social. For more information, call 703-689-0999 or visit <https://potomacriverrunning.com>.

THURSDAY/JUNE 16

Dance Night with Radio King Orchestra. 7-9 p.m. Lake Anne Plaza, Reston. Big Band swing and dance demonstration and instructions. Free. <http://www.restoncommunitycenter.com/take-a-break>.

FRIDAY/JUNE 17

Cahoots. 9:30 p.m. Kalypso's Sports Tavern, 1617 Washington Plaza N., Reston. Rock, Blues and Funk. 703-707-0660, www.kalypsoSPORTstavern.com

FRIDAY-SATURDAY/JUNE 17-18

Taste of Reston. Reston Town Center Pavilion and Market Street. Greater Reston Chamber of Commerce presents Northern Virginia's largest outdoor food festival. Free. Tasting tickets purchased on site or in advance at restontaste.com. restonchamber.org. 703-707-9045.

SATURDAY/JUNE 18

Turley the Magician. 10-10:45 a.m. Corner of Market and Explorer streets, Reston. Turley The Magician will delight the entire family with his inimitable talent! His interactive magic and humorous antics will enthrall you. 703-390-6166.

North county Governmental Center Grand Opening and Open House. 10 a.m.-2 p.m. 1801 Cameron Glen Drive, Reston. Family-friendly event includes public safety interactive displays, vehicles to explore and tours of the police station. For more information and to RSVP by email at huntermillRSVP@fairfaxcounty.gov or call 703-478-0283.

Fundraiser for Cindy's Legacy. 2-5 p.m. Kendra Scott Jewelry, 11925 Market St., Reston. Jewelry store will donate 20 percent of sales charity that provides aid to cancer patients. <https://sipsavorsupportshop.eventbrite.com>.

Community Yard Sale for Habitat for Humanity. 8 a.m.-noon. 1760 Reston Parkway, Reston. Sponsored by Weichert Realtors. ReStorenova.org.

TUESDAY/JUNE 21

Summer Cinema Series. 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. To find out what films are showing and to register, call 703-689-2700.

WEDNESDAY/JUNE 22

Color Me Happy. 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Relax, unwind, turn loose your inner artist and discover that coloring is for grown-ups, too. Choose from a collection of intricate designs and bring them to life with color. Coloring pages, pens and pencils provided or bring your own. Adults. 703-689-2700.

DEADLINE JUNE 23

Dulles Chapter 1241 Luncheon. 11:30 a.m. Amphora Diner, 1151 Elden St., Herndon. Speaker Michelle Leith of Virginia Attorney General's Office. on issues affecting Northern Virginia. Luncheon will be on Monday, June 27. \$18. Reserve at 703-435-3523 or nana492@aol.com.

FRIDAY/JUNE 24

Fish Out of Water and The Jerx Concert. 6:30-10:30 p.m. Town Green, 777 Lynn St., Herndon. Come here the cover band Fish Out of Water plays songs from a wide variety of genres, including classic rock, dance, hip hop, country, pop, hard rock, and pop punk. Free. info@herndonrocks.com.

SATURDAY/JUNE 25

Open Road 10th Anniversary Concert. 8 p.m. NextStop Theatre, 269 Sunset Park Drive, Herndon. Featuring Award-Winning Singer/Songwriter Jim Van Slyke. \$35. nextstoptheatre.org.



PHOTO BY STEVE HIBBARD/THE CONNECTION

The Orchestra Award went to The South Lakes High School Forum Pit, "A Funny Thing Happened on the Way to the Forum," South Lakes High School, (from left to right): Mason Moy, Evie Nims, McKalah Hudlin and Abel Ruiz.

Cappies Gala Honors High School Theater

The 17th Annual Cappies Gala honoring high school theater was held Sunday, June 12 at The Kennedy Center. Winning the top prizes for the Best Musical was Woodrow Wilson High School in the District for "Hair;" and winning Best Play was Duke Ellington School of the Arts in the District for "The Story." This year's Masters of Ceremony were Judy Bowns, Janie Strauss and Ed Monk, who is retiring from Chantilly High School this year.

This year's show included 57 public and private high schools in Fairfax County, Arlington,

Fauquier, Loudoun, Montgomery, and Prince William counties, and the cities of Falls Church, Alexandria, and Washington, D.C. The Cappies season extended from late October to early May.

The Cappies program was launched in the summer of 1999 by Judy Bowns, the Theatre Arts resource teacher with FCPS, and the late Bill Strauss (director, Capitol Steps), in cooperation with area theater teachers, for the purpose of celebrating and bringing public acclaim to high school theater.

— STEVE HIBBARD

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Great Falls Girls Complete Undefeated Season

Great Falls girls Grade 7/8 girls AAA/Orange lacrosse team defeated Dulles South in The NVYLL championship game on Saturday, June 4, after an undefeated season. They played in the orange Triple AAA division so this makes them the best seven and eight grade team in the Northern Virginia area.

This is also the first time in history of GFLA that Great Falls A-team has won the title championship in this bracket. The team's roster included: Head Coach Jeff Grimson, Assistant Coaches: Jacquie Henry, Mary Smith and Gene Canfield; players — Lucy Jane Magruder, Hope Heiden, Sophie Smith, Brooke Van Beuren, Charlotte Henry, Lauren Treacy, Julianna Grimson, Sydney Southworth, Morgan Pence, Haley Smith, Nicole Moran, Jennifer Canfield, Cristina de Kanter, Mary Margaret O'Connor, Hayley Blankingship, Emma Norris, Caroline Bean, Jessica Broyles, Courtney Kuligowski, Victoria Kim, Annie O'Hara, Kyley Rymza.



Mariners Draft Oakton's Rizzo

The Seattle Mariners on June 9 selected Oakton High School third baseman/short-stop Joe Rizzo in the second round of the MLB Draft.

Rizzo, taken No. 50 overall, was the first player from Virginia selected in this year's draft. The University of South Carolina signee batted .389 this season with four home runs and 12 RBIs and had an on-base percentage of .542, according to stats provided by NOVA Baseball Magazine.

Flint Hill outfielder Khalil Lee (Liberty) was selected by the Kansas City Royals in the third round, No. 103 overall. He hit .471 this season with six doubles, four triples, six home runs and 23 RBIs, with an on-base percentage of .634. He also went 7-0 on the mound for the Huskies with two saves and a 0.33 ERA. He struck out 87 and walked three in 43 innings.

The San Diego Padres selected West Potomac pitcher Jamie Sara in the 12th round, No. 354 overall. Sara, who signed with William & Mary, went 4-3 for the Wolverines with a 2.30 ERA and 1.09 WHIP. He struck out 74 and walked 21 in 45.2 innings.

The Washington Nationals chose Shenandoah University pitcher and 2012 McLean High School graduate Phillip Morse in the 16th round, No. 484 overall. Morse made 22 appearances for Shenandoah this season, compiling a 5-0 record with eight saves and a 0.88 ERA in 30.2 innings.

Oakton's Joe Rizzo, seen during the 2015 season, was selected by the Seattle Mariners in the second round of the MLB Draft.

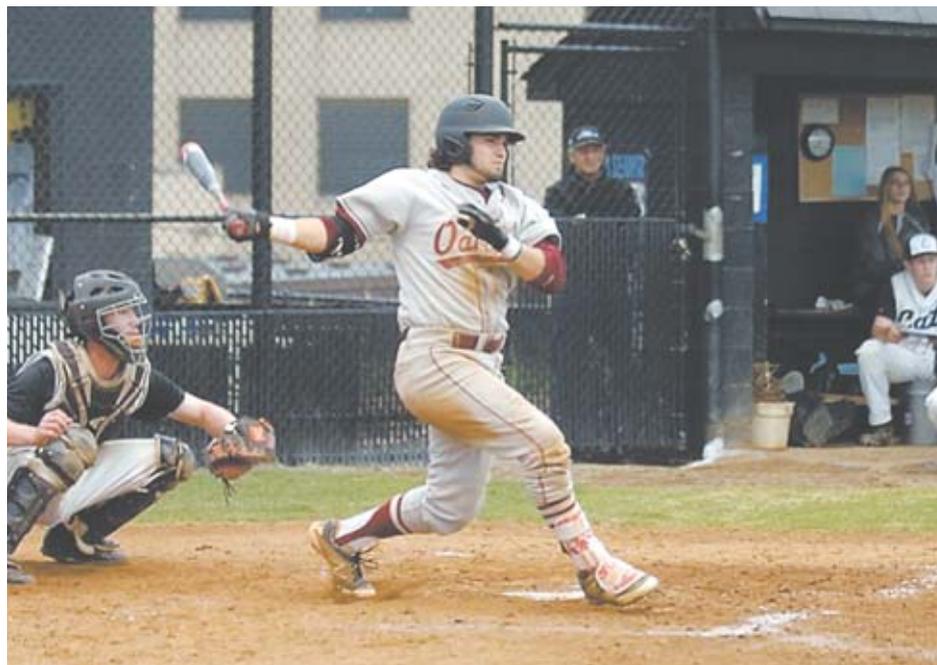


PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

FATHER'S DAY PHOTO GALLERY



Happy Father's Day to a great dad. Andy Hamilton and his daughter Judy spend some quality daddy time. — LeeAnn Dove, Herndon



Happy Father's Day to a great dad! Andy Hamilton enjoys beach time with son Jason. — LeeAnn Dove, Herndon



Robert Eurich of Reston on his 14th birthday on May 8, 2016 at his grandparents house on Lake Anne in Reston.



Here's a picture of my dad, Charles Morrow, with his "grandchildren" - Dixie, Blu and Glory. Dixie and Blu live in Reston Va and were visiting my Dad in Alabama. — From Cindy Morrow, Reston



Andy enjoys beach time with daughter Judy and son Jason — LeeAnn Dove, Herndon



MICHAEL SCHULZ/ODYSSEY OF THE MIND STATE LEVEL ORGANIZER
Neil Kothari stands with his team of Hunters Woods sixth grade students next to their balsa wood structure prior to its breaking.

Neil Kothari, 15, Leads Odyssey of the Mind Team to World Finals

Kothari has coached a sixth-grade team of Hunters Woods students for 8 months leading up to the World Finals.

BY ERIN MURPHY
THE CONNECTION

Neil Kothari, 15-year old freshman at Thomas Jefferson High School for Science and Technology, led his team of sixth graders from Hunters Woods Elementary School to the World Finals of the Odyssey of the Mind competition. The competition revolves around creative problem solving and cooperation between team members.

"In a tournament, where all coaches are adults (typically parents or teachers), Neil was an outlier," said Michael Schultz, one of the state level tournament organizers who watched Neil's team progress through the competition year. More than 200 hours for eight months, Kothari coached his team with very little Odyssey of the Mind experience to ultimately lead them to a shocking second place finish at the Virginia state finals tournament held in Newport News, Virginia. Their placement qualified them to compete at the World Finals competition among more than 800 qualifying teams from 36 U.S. states and 48 countries. The competition will be held at Iowa State University.

The Odyssey of the Mind competition is a STEM-based

program that is very popular in the Fairfax and Loudoun County school districts that allows more than 300 teams to compete at the regional level. Millions of students from kindergarten to the college level have competed in Odyssey of the Mind. However, only close to 10 teams advance to World Finals; one of them being Neil Kothari's. The program itself focuses on educating students in basic problem solving and project management.

Kothari's team competed in a challenge commonly titled the "Balsa Structure problem" in which the team must design and build a structure made of only balsa wood and glue to support as much weight as possible. The team was able to build a 15-gram balsa wood tower that carried 1048 pounds, or an amount 32,000 times the structure's own weight.

"At the World Finals competition, the team's structure had the 11th highest weight in the World holding 1065 pounds," Schulz said.

Although Kothari was still eligible to compete in Odyssey of the Mind as a high school student, he chose after eight years of participation to coach a team instead. He is now the youngest coach ever to qualify a team for World Finals.

OBITUARY



David Frederick Hickman, 71, of Sterling, VA, surrounded by family and friends, passed away on Monday, June 6, 2016. Born in Pittsburgh, PA to Wilson and Millicent Hickman. David is survived by his beloved wife of 37 years, Lynn, their daughter Fantasia, ex-wife Leola, their daughter Christine and sons Bryan and Jonathan, sister Rhoda of Pittsburgh, PA, granddaughters Elizabeth and Ashley of Falls Church, VA and many more extended family members around the country. He is preceded in death by his brother Raymond Lee Hickman. He served four years in the U.S. Air Force and spent part of his service in SE Asia during the Vietnam War. Dave is well known all over Northern VA as the President of Dave's Heating and Air Conditioning in Sterling, VA--one of the longest running HVAC companies in the area. Services were held Saturday, June 11th, 2016. Memorial donations suggested to St. Jude's Children's Research Hospital. Information and condolences www.adamsgreen.com

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21 Announcements

21 Announcements

VIRGINIA: IN THE CIRCUIT COURT OF ROCKINGHAM COUNTY

MARIAMMA KARINGATIL THOMAS AND SAJAN K. THOMAS, CO ADMINISTRATORS, C.T.A.D.B.N. OF THE ESTATE OF KARINGATIL THOMAS VARGHESE, DECEASED

Petitioners,
v CL16-1005

BENJAMIN K THOMAS, et als,
Respondents.

ORDER OF PUBLICATION

The object of the above-styled suit is to distribute one-fourth (1/4) portion of Benjamin K. Thomas from the Estate of Karingatil Thomas Varghese, Deceased, into the Court. And, it appearing by affidavit filed according to the law that Benjamin K. Thomas, one of the above-named Respondents, cannot be found, that service was attempted on Respondent's last know mailing address and could not be completed, that certified letters sent to the Respondent's last known mailing address have been returned, and that diligence has been used without effect to ascertain his location, it is therefore ORDERED that the said Benjamin K. Thomas appear on or before the 5th day of July, 2016, in the Clerk's Office of this Court and do what is necessary to protect his interests.

And, it is further ORDERED that this order be published once a week, for four (4) successive weeks in the Herndon Connection, of Alexandria, Virginia, a newspapers of general circulation in Herndon; that a copy of this order be posted on the local government website.

I ASK FOR THIS:
CATHY JACKSON LEITNER (VSB# 44288) ; ASHLEIGH KESTER (VSB #76926)
LEITNER LAW GROUP, 2565 John Wayland Highway, Suite 110 Harrisonburg, Virginia 22801
540-442-7700
540-442-7744 (Facsimile)
Counsel of Petitioners

The reward of a thing well done, is to have done it.
- Ralph Waldo Emerson

Catherine Sullivan Knebel



Catherine Sullivan Knebel died peacefully on Tuesday, June 7, 2016, surrounded by her family. Cathy was born in New York City on March 13, 1934, the daughter of Elizabeth and Edward Sullivan, who emigrated from Ireland. She is a graduate of Villa Maria Academy and St.

Vincent's Hospital School of Nursing in New York City. She received her undergraduate degree at Georgetown University, where she met her husband, Tom. While raising four children and working full time she earned a Masters in Rehabilitation Counseling at Virginia Commonwealth University.

Cathy began her nursing career at Georgetown University Hospital. She later worked at the City of Alexandria Department of Public Health, and as a rehabilitation nurse case manager at CNA Insurance and Occusystems. In 1994 she founded Case Management Concepts with her long-time colleague Jan Norwood, and served as president until her retirement in 2005. She was on the board of directors of the Virginia Association of Rehabilitation Professionals for many years, serving as president from 2003-2004, and was a qualified expert in life care planning.

Cathy was preceded in death by her husband, Thomas Murray Knebel, her son, William Edward Knebel, and her sister, Mary Sullivan. She is survived by her brother, Edward Sullivan Jr. and his wife, Barbara; daughters, Margaret Knebel Turner and her husband Banks Whitaker Turner of Richmond, Suzanne Knebel Fleming and her husband Rives Fleming III of Richmond and Mary Knebel Gillespie and her husband Thomas Howard Gillespie III of Great Falls, Virginia; and her grandchildren William Knebel Turner, Bransford McNeill Turner, Samuel Rangeley Turner, William Rives Fleming, Elizabeth Murray Fleming, Mary Catherine Fleming, Mary Grace Fleming, Catherine Shea Gillespie, Erin Josephine Gillespie, and Thomas William Gillespie, and many nieces and nephews.

The family wishes to thank the caregivers at Loudoun County Hospital for their extraordinarily compassionate care during the last month of Cathy's life.

A memorial service will be held on Tuesday, June 21, 2016 at 1:30 pm at St. Francis Episcopal Church, 9220 Georgetown Pike, Great Falls, Virginia 22066. In lieu of flowers, contributions may be made to Georgetown University Hospital, designated to nursing education.

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21 Announcements 21 Announcements 21 Announcements

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THE CONNECTION
NEWSPAPERS

Control And/OR Lack Thereof



By KENNETH B. LOURIE

If being diagnosed with a "terminal" form of lung cancer makes you feel anything, it is loss of control; along with all the anxieties associated with feeling powerless. As I may have written previously, "terminal" is all it's cracked up to be. That prognosis hangs over your head, almost physically - or so it seems, but most assuredly: emotionally and spiritually. The trick is; there is no trick.

Compartmentalizing, deluding, pretending, denying, hoping, praying, laughing and crying are but a few of the methods I've employed over these past seven-plus years in an attempt to overcome that original "13 month to two year" prognosis. Being open to diet and lifestyle changes and non-Western alternatives, and maintaining a positive attitude and a self-effacing sense of humor have likewise contributed - or so I've been told, to my above-average years of survival.

I wouldn't characterize these last seven years, however, as my friend Sean has joked, as "being on the clock," but cancer patients are usually on something. And the "something" we're most typically on is, a schedule. For me: 24/7 urine collection on Tuesday, pre-chemotherapy lab work on Wednesday (two days prior to Friday infusion), pre-infusion medication taken at home beginning Thursday and continuing through Saturday, Friday infusion, post-chemo weak for the next seven to 10 days; repeat every four weeks; quarterly C.A.T. scans followed by a quarterly face-to-face appointment with my oncologist to discuss the scan/results, P.E.T. scans every six months, M.R.I. of the brain once a year; plus my daily regimen of pills, supplements, apple cider vinegar, alkaline water, wheat grass, among other miscellaneous presumptive anti-cancer options.

Given this chronology of treatment and routine/maintenance, it's extremely difficult (let me amend that: I'll say challenging instead) to plan, schedule, coordinate, arrange and commit to social activities, especially those involving travel away from home. Because, at least for me, the cancer stuff comes first and is foremost - as does my daily routine - so anything that upsets that figurative apple cart is yet another complication/blip on my radar that initially serves no particular purpose other than reinforcing some of the less obvious problems/negatives of living life as a cancer patient undergoing treatment.

Perhaps understanding this lack of control/fairly rigid set of circumstances - as well as my recurring attempts at extending my life as long as possible - my oncologist, to his credit, has regularly given me opportunities to stop, start, change, etc. my treatment/schedule in order to enhance the quality of my life and give me back some control. Rarely have I taken advantage, however. As much as I respect and appreciate his opinion, it has always been difficult for me to find that balance. The logistics of juggling my mandated routine along with my personal routine - and dealing with the subsequent fears of not doing/maintaining either, given the fact that I've survived so long adhering to them, is a hurdle I've been unable to overcome.

I've often heard it said that laughter is the best medicine. I wonder though, as it pertains to cancer patients like myself, currently still on treatment, if breaking/braking routine - and saying the heck with it, for awhile anyway, is not the pause that refreshes? As much as I like to laugh, I'd like to live a little, too.

Kenny Lourie is an Advertising Representative for The Potomac Almanac & The Connection Newspapers.

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